

*The study involves 4 visits to the
Uniformed Services University in
Bethesda, MD for a total of about
16-20 hours of time.*

MEDICATION?! WHAT EXACTLY AM I BEING ASKED TO TAKE?

Three different medications will be
used to evaluate hormone responses:

- Dexamethasone
- Hydrocortisone
- Placebo

The dosages used in this study are much
lower than those used to treat illnesses.
Because the medications will be taken on
only one occasion each, there are no
long-term effects. Doctors use these
medications to control inflammation
(swelling) in arthritis. Both are used for
long-term treatments in typical medical
practice

BENEFITS

The benefits of this study are to science.

Because we know how valuable your time
is, we will gratefully compensate you upon
completion of the study.

FOR MORE INFORMATION:

Call the Human Performance Lab at:

301-295-1371

Or

Email: humanperformancelab@usuhs.mil

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Weight and Insulin Study

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***FOCUSING ON HEALTH
DISPARITIES***

**UNDERSTANDING
OVERWEIGHTNESS**

Weight and Insulin Study



Departments of Military and
Emergency Medicine,
Pediatrics, and Medical and
Clinical Psychology

**Uniformed Services University
of the Health Sciences**

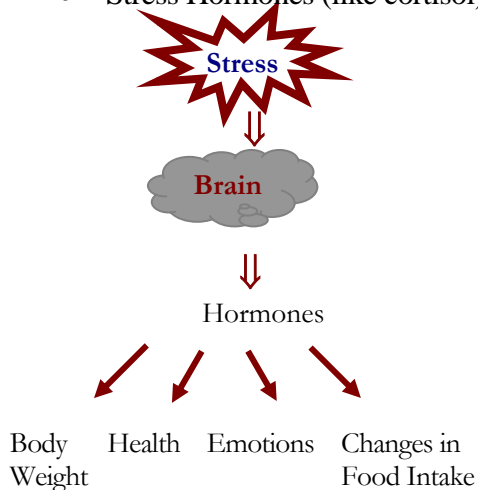
Bethesda, MD

OVERVIEW OF STUDY:

WHAT IS THE PURPOSE OF THIS STUDY?

The Human Performance Lab and the USU Weight Management Program have teamed together to study biological factors associated with being overweight. The focus of this study is to learn how daily stress may affect these factors in African Americans and Caucasians. These factors include the role of certain key hormones, such as:

- Insulin and the body's resistance to insulin – important in diabetes
- Stress Hormones (like cortisol)



Stress can affect your brain and body. The brain regulates key hormones that impact overall health, body weight, emotions and eating habits.

WHO CAN PARTICIPATE?

We are looking for men and women:

Ages 18-45

Normal weight and overweight

African American or Caucasian

Living in the area for the next 5 months

Not currently donating blood or participating in another study requiring blood draws

Who do not have the following health conditions:

Hypertension

Diabetes

Major diseases (heart, lung, liver, rheumatoid, endocrine, arthritis)

Pregnant or lactating

And are not taking certain medications including:

Hormone replacement therapy

Inhalers or nasal sprays

Prescription or certain chronic medications

WHAT DOES THIS STUDY INCLUDE?

- Maximal treadmill test
- 3 Submaximal treadmill tests
- Questionnaires
- Multiple blood draws
- Ingestion of a liquid meal (Ensure Plus)
- Taking a different medication before each submaximal treadmill test (Dexamethasone, Hydrocortisone and a sugar pill/placebo)
- Being available for morning testing between 7-9am
- Be willing and able to walk or jog on a treadmill

WHAT DO I HAVE TO DO TO BE IN THE STUDY?

Call for a screening interview (10-15 minutes). We will ask you questions and provide information. If you are interested in participating in the study, you will be asked to come to the university in the morning for 4 visits.

Call 301-295-1371